

Appendix to Ann Parker's Heath Kinesiology / Natural Bio-Energetics Reference Manuals

DEFINING AN HK TESTED ISSUE

"To initiate and integrate a healing process for your concerns, help you achieve your goals and bring your Energy System into harmony and balance, are we defining the issue in -

Terms	No	Yes	Sub Categories	Ann's	Wording
"PHYSICAL BODY TERMS?"	↓	→	BODY SYSTEM	1	Identify and ask, "Is that it?" Otherwise are you looking at – 'the Energy function of.....?' 'the Energy flowing through or into.....?' Starting with a Gerund / Imperative?
			BODY PART	1	
			BODY FUNCTION	7	
			DYSFUNCTION		
			BEHAVIOUR	8	
"PSYCHOLOGICAL TERMS?"	←	→	SELF	9	Identify and ask, "Is that it?" Otherwise expand into a Phrase using a Gerund or expand into a Sentence.
			RELATIONSHIPS	9	
			ROLE	9	
			EMOTIONS	10	
			FEARS	10	
			INTELLECTUAL CONCEPTS	11	
			BEHAVIOUR	12	
"SUBTLE ENERGY TERMS?"	←	→	CHAKRAS	13	Identify which category and ask, "How many – at least 1?" etc Identify and if more than one - Ask, "Does it matter which order we name them in?" and are you looking at – 'the Energy function of.....?' 'the Energy flowing through or into.....?' Starting with a Gerund / Imperative?
			SUBTLE BODIES	15	
			MERIDIANS	18	
			OTHER	19	
"SPIRITUAL TERMS?"	←	→	MOVING ON / BEYOND	20	Identify and ask, "Is that it?" Otherwise expand into a Phrase using a Gerund or expand into a Sentence. *** Working Manual Lists page 14
			STANDARDS / MORALS	20	
			INTEGRATION	21	
			SPIRITUAL CONCEPTS	21 →	
			BEHAVIOUR	21	
"OTHER"	←	→	BROADER BASED CONCEPTS	21	My Life / My place in the World / I deserve space on this Earth / My place within the Family Unit etc

Once you have named the Issue, check if there is anything on the including line – if so, could be one or more of their listed concerns or goals.

Then ask,

- "Is this Issue defined **SPECIFICALLY enough** for us to achieve both a smooth and effective healing process?"
- "Is this Issue defined **GENERALLY enough** to include all we need for us to achieve both a smooth and effective healing process?"

Now whether you are working with an HK Tested Issue or a Client Specified Issue you do an Analysis of the Issue through the Facets **asking for each individual Facet**, "For this Issue 'name it' are there Factors to be addressed in the 'name the Facet'?"
If ↑, work your HK menu and at the same time find the number of items within the INDIVIDUAL groups.

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I have been an Health Kinesiology practitioner since early 1990 and over the intervening years attended all the advanced HK workshops offered in the UK. I have taught over 400 HK classes, since running my first HK class in 1994, sharing my passion for HK with students in the UK, in Germany, in Australia and New Zealand. I graduated from the Queensland Teachers College, in Australia and taught for twelve years in mainstream education in Australia and Canada and have a Bachelor of Arts degree from the UK Open University, majoring in mathematics. I am authorized to teach HK 1 to HK 10 and have received a 'Certificate of Appreciation' from Dr. Scott for my contributions to HK.

From August 1996 to March 2003, I was a member of the working party which produced the draft for the UK government to set the Kinesiology National Occupational Standards. KNOS was officially recognized in April 2003. I also served on the UK Kinesiology Policy Board for a number of years. At the 2006 International Kinesiology Conference in Keele, Staffordshire UK I was thrilled to be commended as 'the most inspiring kinesiology tutor in the UK'. From 2000 to 2008 I was Head of HK UK until I moved to NZ for a number of years. During my time in NZ I started researching the Eight Extraordinary Channels, the original Energy Flows which integrate, strengthen, store and regulate the flow of Chi and Blood in the Twelve Bilateral Meridians. The 4 APEC courses (Accessing the Power of the Extraordinary Channels) have been jointly developed with Sandie Lovell KFRP MFHT and shared with practitioners in the UK, Australia and NZ.

I am a professional member of two professional organizations in the UK – the Kinesiology Federation and the Federation of Holistic Therapists as well as the Australian Kinesiology Association.



ISSUE ANALYSIS - PHYSICAL BODY TERMS

BODY SYSTEMS

NERVOUS	DIGESTIVE
RESPIRATORY	LYMPHATHIC
ENDOCRINE	CARDIO-VASCULAR
INTEGUMENTARY OR CONNECTIVE TISSUE	IMMUNE OR (ME / NOT ME)
SKELETAL	MUSCULAR
REPRODUCTIVE	ELIMINATIVE

BODY PARTS FOR THE NERVOUS SYSTEM

CENTRAL (CNS)	brain
	spinal cord
PERIPHERAL NS	
-SOMATIC	cranial nerves
	spinal nerves
-AUTONOMIC	
SYMPATHETIC	mobilizes energy
PARASYMPATHETIC	conserves and restores energy

CRANIAL NERVES

• OLFACTORY	sensory
• OPTIC	sensory
• OCULOMOTOR	mixed - primarily motor (eyelid, eyeball, lens, constriction of pupil)
• TROCHLEAR	mixed - primarily motor / eyeball
• TRIGEMINAL	mixed - chewing / senses pain, touch, temperature
• ABDUCENS	mixed - primarily motor eyeball / muscle sense – proprioception
• FACIAL	mixed - expression / secretion of saliva and tears
• VESTIBULOCOCHLEAR SENSORY	hearing / balance
• GLOSSOPHARYNGEAL	mixed - saliva / muscle sense taste / regulation of blood pressure
• VAGUS	mixed - smooth muscle contraction and relaxation / secretion of digestive juices / muscle sense / sensations from organs
• ACCESSORY	mixed - primarily motor - cranial portion / mediates swallowing spinal portion - movement of head / muscle sense
• HYPOGLOSSAL	mixed - primarily motor - movement of tongue during speech / swallowing / muscle sense

The nervous system has three basic functions:

- (i) **sensory neurons** receive information from the sensory receptors.
- (ii) **interneurons** transfer and interpret impulses.
- (iii) **motor neurons** send appropriate impulses/instructions to the muscles and glands.

Issue Analysis - Physical Body Terms continued

BODY PARTS FOR THE BRAIN

BASAL GANGLIA	Involved in cognition and voluntary movement
BRAIN STEM	Relays information between the peripheral nerves and spinal cord to the upper parts of the brain Consists of the midbrain, medulla oblongata, and the pons.
CEREBELLUM	Responsible for smooth co-ordinated movement.
CEREBRUM	Receives & interprets sensory information - memory and language.
CEREBRAL CORTEX	Motor areas - sensory area - association areas / thought
CRANIAL NERVES	Twelve pairs of nerves that originate in the brain, exit the skull, and lead to the head, neck and torso
HYPOTHALAMUS	controls body temperature, appetite, water balance, regulates pituitary gland, links nervous & endocrine systems.
MEDULLA	contains vital centres to regulate - heartbeat, respiration, and blood pressure. - contains reflex centres for coughing and swallowing. - relays messages to other parts of the brain.
MEDULLA OBLONGATA	Lower part of the brainstem that helps to control autonomic functions
MENINGES	Membranes that cover and protect the brain and spinal cord
PINEAL GLAND	Endocrine gland involved in biological rhythms - secretes the hormone melatonin
PITUITARY GLAND	Endocrine gland involved in homeostasis - regulates other endocrine glands
PONS	Relays sensory information between the cerebrum and cerebellum
THALAMUS	Main relay centre, spinal cord and cerebrum.
VENTRICULAR SYSTEM	Connecting system of internal brain cavities filled with cerebrospinal fluid.
WERNICKE'S AREA	Region of the brain where spoken language is understood

Issue Analysis - Physical Body Terms continued

BODY PARTS for the RESPIRATORY SYSTEM

UPPER	(i) nose and nasal cavity	(ii) paranasal sinuses	(iii) pharynx	
LOWER	(i) larynx	(ii) trachea	(iii) bronchi	
	(v) pulmonary blood supply, alveoli	(vi) diaphragm -	A sheet of muscles that lie across the bottom of the chest cavity. As these muscles contract and relax, breathing takes place. When the diaphragm contracts, oxygen is pulled into the lungs. When the diaphragm relaxes, carbon dioxide is pumped out of the lungs.	

PROCESS OF RESPIRATION

- (i) Pulmonary ventilation (air into/out of lungs)
- (ii) External respiration occurs in the lungs where oxygen diffuses into the blood and carbon dioxide diffuses into the alveolar air
- (iii) Transport of gases through the body by the blood
- (iv) Internal respiration occurs in the metabolizing tissues, where oxygen diffuses out of the blood and carbon dioxide diffuses out of the cells and
- (v) Cellular respiration - taking up O₂ and releasing C₀₂ by the tissue cells

BODY PARTS for the ENDOCRINE SYSTEM

ENDOCRINE GLANDS - DUCTLESS GLANDS

HYPOTHALAMUS -

Releases hormones that in turn either release or inhibit other hormones

Regulates the pituitary gland, the autonomic nervous system, emotional responses, body temperature, water balance, appetite and sleep and waking cycles.

PITUITARY – an endocrine gland attached by a stalk to the hypothalamus which secretes a variety of hormones that influence a wide range of physiological processes.

- **POSTERIOR LOBE** stores and releases hormones produced by the hypothalamus

OXYTOCIN	targets the UTERUS and MAMMARY GLANDS
ANTIDIURETIC HORMONE	targets the KIDNEYS

- **ANTERIOR LOBE**

GROWTH HORMONE	
PROLACTIN	targets the MAMMARY GLANDS
THYROID-STIMULATING HORMONE	targets the THYROID GLAND
ADRENOCORTICOTROPIC HORMONE	targets the ADRENAL CORTEX
GONADOTROPIC HORMONES	targets the GONADS

THYROID

THYROXINE	targets general tissue metabolic rate/growth
TRIIODOTHYRONINE	targets general tissue metabolic rate/growth
CALCITONIN	targets the bone (blood/calcium levels controlled through inhibiting bone breakdown by osteo-clasts)

Issue Analysis - Physical Body Terms - Body Parts for the Endocrine System continued

PARATHYROID

PARATHYROID HORMONE targets the bone, kidneys, digestive tract (increases blood/calcium levels through stimulating bone breakdown, or re-absorption by kidneys and activates vitamin D).

ISLETS OF LANGERHANS - PANCREAS

INSULIN targets the general tissue (lowers blood sugar, fat storage and protein synthesis).
GLUCAGON targets the liver and adipose tissue (raises blood sugar, mobilizes fat).

ADRENAL MEDULLA

EPINEPHRINE & targets the muscles, cardiac muscles and blood vessels
NOREPINEPHRINE liver and adipose tissue (helps the body cope with long-term stress, raises blood sugar levels, increases heart rate, blood pressure and metabolic rate, mobilizes fat).

ADRENAL CORTEX

MINERALOCORTICOIDS targets the kidney tubules (maintains sodium/potassium balance).
(ALDOSTERONE)
GLUCOCORTICOIDS targets the general tissue (long term stress, mobilizes fat, raises blood sugar).
(CORTISOL)

PINEAL GLAND

MELATONIN targets the gonads, pigment cells, other cells? Sensitive to light – helps maintain biological rhythms.

OVARY

OESTROGEN targets general tissue and uterus (develops and maintains female sexual characteristics, stimulates growth of uterine lining).
PROGESTERONE targets the uterus and breast (stimulates development of uterine lining).

TESTIS

TESTOSTERONE targets general tissue and reproductive structures (develops and maintains male sexual characteristics, promotes spermatogenesis).
INHIBIN targets the anterior lobe of pituitary (inhibits the secretion of FSH).

BODY PARTS for the INTEGUMENTARY SYSTEM

The integumentary system comprises the skin and its appendages acting to protect the body from various kinds of damage, such as loss of water or abrasion from outside. Includes hair, scales, feathers, hooves, and nails

The types of Connective Tissue

AREOLAR support & elasticity
subcutaneous layer of skin
DENSE tendons, dermis of skin
attachments between organs
ELASTIC lungs
large arteries

Issue Analysis - Physical Body Terms BODY PARTS for the INTEGUMENTARY SYSTEM continued

RETICULAR	framework of liver, lymph nodes, spleen, thymus
ADIPOSE	subcutaneous layer, support for breasts, kidneys
HYALINE CARTILAGE	forms ends of bones synovial joint surfaces
FIBROCARTILAGE	intervertebral discs, symphysis pubis of pelvis
ELASTIC CARTILAGE	external ear, epiglottis parts of respiratory system
BONE	bones of skeleton

BODY PARTS for SKELETAL SYSTEM

BONES
JOINTS
VERTEBRAE
SACRUM
COCCYX
STERNUM
RIBS

Two components of bone are:

- Calcium phosphate, 65% in bone - providing rigidity.
- Collagen, 35% in bone - providing toughness and elasticity - an organic component.

Four basic functions of the skeletal system: **(i)** To provide support for tissues and muscle **(ii)** To protect vital organs **(iii)** Movement through bones and attached muscles and **(iv)** To store minerals and immature blood cells

Ossification is the process by which bone is formed.

BODY PARTS FOR THE MUSCULAR SYSTEM

TYPES OF MUSCLE	
CARDIAC	IRIS AND CILIARY
DUCTS OF GLANDS	SKIN
BODY OF EYE	SKELETAL
SMOOTH MUSCLE WALL	found in (i) Digestive Tract (ii) Veins (iii) Arteries (iv) Lymphatics

Issue Analysis - Physical Body Terms continued

BODY PARTS FOR THE DIGESTIVE SYSTEM

The hypothalamus regulates food intake

MOUTH	Tongue	
	Teeth	
	Salivary Glands	Produces Salivary Amylase - break down of starch into sugar.

PHARYNX

OESOPHAGUS

STOMACH	Cardiac	Stomach secretes gastric enzymes:
	Fundus	Pepsin breaks down proteins
	Body	Amylase breaks down starch
	Antrum	Lipase breaks down fats
	Pylorus	

LIVER	Left lobe	provide bile salts to the small intestine –
	Right lobe	digestion and absorption of fats

GALLBLADDER	Fundus	stores and concentrates bile for fat absorption
	Body	
	Neck	

PANCREAS	Head, neck	Amylase breaks down starch into sugar
	Body, tail	Lipase breaks down lipids
	Pancreatic duct	Trypsin breaks down peptides
	Islets of Langerhans	(insulin production, unrelated to digestion)

SMALL INTESTINE	duodenum	Sucrase breaks down sucrose
	jejunum	Maltase breaks down maltose
	ileum	Isomaltase breaks down maltose
	ileocaecal valve	Lactase breaks down lactose
		Intestinal lipase breaks down fatty acids

Almost all nutrients are absorbed in Small Intestine.

LARGE INTESTINE	ascending colon	Water absorption
	transverse colon	
	descending colon	
	sigmoid colon	
	rectum	
	anus	

Issue Analysis - Physical Body Terms continued

BODY PARTS FOR THE LYMPHATIC SYSTEM

The Lymphatic System drains excess fluid from the tissues and is the body's first line of defense.

LYMPHATIC CAPILLARIES	- dead-end tubes close to the blood capillaries in tissues
cervical nodes	lymphatic ducts
subclavian veins	axillary nodes
thoracic duct	intestinal nodes
iliac nodes	inguinal nodes

The tissue sheets in lymph nodes have large numbers of white blood cells on them. These include the cells that play crucial roles in the body's immune defenses. Phagocytes that engulf and destroy and lymphocytes that recognize invading matter and prime the immune system for action. When infection starts, the lymph nodes are often swollen by the activity of the immune system swinging into action.

The larger lymphatic organs - (i) tonsils (ii) thymus gland (iii) spleen

The lymph passes through the Lymphatic organs where it comes in contact with large numbers of white blood cells on the lookout for matter foreign to the body. As it collects the debris it is returned to the blood system via a large Lymphatic vessel. The thoracic duct joins the left subclavian vein taking blood to the heart

BODY FUNCTIONS

BREATHING	PUMPING BLOOD/LYMPH
PERISTALSIS	DIGESTION
ABSORPTION	METABOLISM
	Anabolism - building complex molecules from simpler ones
	Catabolism - breaking down complex molecules into simpler ones
MONITORING	BALANCE
AWARENESS	SECRETION OF CHEMICALS - Hormones
CONVERSION	CELLULAR RESPIRATION
TRANSPORTATION / DRAINAGE	CONSTRUCTION OF PROTEINS FROM AMINO ACIDS
DETOXIFICATION / NEUTRALIZING TOXINS	REPAIR / HEALING
MITOSIS	REPRODUCTION
EXCRETION / ELIMINATION	

Issue Analysis - Physical Body Terms continued

PHYSICAL BEHAVIOUR / ACTIVITIES

ACTING	RESTING
ADDICTIVE	RELAXING
BINGEING	SCRATCHING
BLINKING	SCREAMING
CHOKING	SHOUTING
CONTROLLING	SIGHING
COUGHING	SINGING
DIETING	SMOKING
DRINKING	SNIFFING
DROOLING	SNORING
EXERCISING	SNORTING
GRIEVING	STUTTERING
GRINDING TEETH	SPEAKING
HICCUPING	STUDYING
HOSTILE	TEMPER TANTRUM
LECTURING	VOMITING
MUSCLE TICS /TWITCHES / MOVEMENTS	YAWNING
NAIL BITING	WEEPING
NERVOUS LAUGHING	WHINGING
OBSESSIVE BEHAVIOUR - CHECKING / RE-CHECKING/ WASHING	
PLAYING	WORRYING
PICKING FINGER NAILS / SORES / QUICKS	

ISSUE ANALYSIS – PSYCHOLOGICAL TERMS

SELF-ISSUES

Go to **WM List p 23**. The Issue may simply be the 'Self-....' or you may be putting a gerund **WM List p 10/11** or an Imperative first. You will most likely get a clue for the imperative from the gerunds list, just drop the 'ing'

RELATIONSHIPS

When looking for a particular type of relationship, keep as general as possible for as long as possible - the client history may give you a clue where to start. The Issue may not be with the actual person or group or category of people but what they represent to us, stand for or symbolize. In some cases, it may be an extreme example of what we most wish to emulate or dislike.

Relationships:

- in general
- With men / women – particular type – strong – controlling - golfing etc.
- With family – spouse / partner – child – extended family
- Past relationships New relationships
- Blood or adoptive family ♦ A particular person – maternal / paternal side – male / female ♦ In-laws
- Friends Neighbours
- Work colleagues – present – past
- Class mates / University colleagues
- Therapists / Complementary Practitioners / Doctors / Dentists / Specialists
- Club / Organisation members Church members
- Authority figures -boss, teacher, bank manager, priest, police, lawyer, government figures, traffic wardens
- Foreigners / strangers A traumatic event
- A particular type of person – artistic – cleverer – wimpish – aggressive etc.
- Pets Places

If you are having trouble identifying a specific person it is often helpful to test back to find when they knew this person. For example -Ask "Was the is person a school friend?" If ↑ "From primary school?" etc.

ROLES

We all play many roles in our daily lives - some of them stressful to the Energy System. Check first to see if it is a specific category, or if not, it will be the multiple roles the client plays in his / her life.

Check roles in categories -

FAMILY - family member? as a mother? father? son? daughter? may need to be defined more specifically

For example: Role as a working / loving / single mother? father? Or Role as a devoted daughter? / son?

Or Role as the mother-in-law? / son-in-law? Or Role as a good lover? / husband? / wife?

FRIENDS - Good / supportive / sympathetic friend? / male / female friend?

WORK - What do they do?

For example: Role as a street cleaner? / therapist? etc. Or Role as the bread-winner? Or Role as a (team) leader?

CHURCH - Role as a Christian? Buddhist? Muslim? sinner?

CLUB / ORGANIZATION - Role as the chairperson? treasurer? club member?

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Issue Analysis – Psychological Terms Continued

EMOTIONS

Check out 'The Four Big Emotions' **WM Lists p 19** or 'Lester Levenson's List' **WM Lists p 20**

FEARS

Clients may name specific fears on their Case History notes or Dr. Scott's BBEI list is a good source of common fears

Issue titles for psychological fears tend to be simply 'Fear of.....' 'Fear that.....' 'I am afraid of.....'

Examples from my client files:

Fear of being alone	Fear of facing the future alone
Fear of heights	Fear of spiders
Fear of appearing foolish	Fear that I am a fraud
Fear of addressing the staff	Fear that I will make a fool of myself
Fear of failing my exams	Fear that I won't measure up to other people's
Fear of confrontation	expectations
Fear of speaking in public	Fear that my parents will be ashamed of me
Fear of letting go of the relationship with	

PHOBIAS

Aerophobia	aeroplanes / flying	Microbiophobia	germs
Zoophobia	animals	Phasmophobia	ghosts
Apiophobia	bees	Phonophobia	noise
Ornithophobia	birds	Gerascophobia	old age
Ailurophobia	cats	Agrophobia	open space/going out
Paedophobia	children	Toxiophobia	poisoning
Pnigophobia	choking	Maieusiophobia	pregnancy
Demophobia	crowds	Claustrophobia	confined spaces
Nyctophobia	dark	Ophidiophobia	snakes
Necrophobia	death/dead bodies	Glossophobia	(public) speaking
Xerophobia	deserts/dry places	Arachnophobia	spiders
Xenophobia	foreigners	Aquaphobia	water/wetness

It is not necessary for you to know these phobic names as if clients are phobic they will know the name of their phobia and be able to spell it correctly for you. There are two ways of working with phobias in HK **(i)** working your menu with the phobia as your focus of work - If you are doing an Issue for a phobia it will be named in the Issue title or **(ii)** doing the non-standard Psychological Phobia correction taught in HK 5.

Issue Analysis – Psychological Terms Continued

INTELLECTUAL CONCEPTS

Intellectual Concepts are 'mind sets', 'considered opinions', 'objective', 'without inherent moral value - the moral value being ascribed by the individual'. My list of Intellectual Concepts **WM Lists p 21**

When defining an Issue in Psychological terms – Intellectual Concepts, you need to work the list to find the clue – the focus of the Issue. Then discuss what this means to the client and most of the time the client will give you the wording for the Issue or some structure about the concept that you then work with – the concept itself or a synonym of the concept will be part of the name of the Issue

Ask, "Is the Issue title a phrase?" If ↑ "Gerund phrase?" if ↑ work your gerund list - **WM Lists p 10/11**

If ↓ to a phrase ask, "Is it a demand?" If ↑ work your gerund list to find it and then drop the 'ing'.

If ↓ to a demand ask, "Is it a sentence?" If ↑, "Does it start with the concept?" ↑ / ↓ "Does it start with 'I'?" ↑ / ↓ "Does it start with 'My'?" ↑ / ↓

Intellectual Concepts Issue Title Examples from my client files.

I must achieve / realize my ambitions / goals	I seem to give, give, give - when is it my turn?
I am ambitious	I want to be generous
I want / need balance in my life	I need harmony in my life
Life is boring	Harmony flows through every aspect of my life
Moving from boredom and depression to enthusiasm for life	I am honest and forthright
My life is chaotic	I need my independence
Chaos surrounds me	I have isolated myself from all I hold sacred
Managing the conflict in my life	What is normal? Am I?
I must take control of my life	It's ok not to be perfect
I will not be controlled	I am not superwoman
I need and deserve contentment	I release my prejudices and become more flexible
Life is a dilemma!	I take pride in my achievements
My dilemma is will I ever find my way	I deserve prosperity
I am a failure	I accept / shoulder my responsibilities willingly
I accept and learn from my past failures and mistakes	I crave success in all my endeavours
Failure stares me in the face	I need to be recognized for my efforts to succeed
I need freedom / to grow and change / to start anew	My goal in life is to be successful and receive recognition

Issue Analysis – Psychological Terms Continued

BEHAVIOUR

Some of these ideas you may have already picked up in one of the other categories. Eric Berne's "Games People Play", Louise Hay's "Heal Your Body", Thorwald Dethlefsen's "The Healing Power of Illness", and Debbie Shapiro's "Your Body Speaks Your Mind" are all good reference books for insights into human psychological behaviour.

A quick overview of Transactional Analysis

In considering certain behaviour patterns there is a correlation with feelings/emotions. For each of us, a particular behaviour will correspond to a state of mind, a second behaviour to another state of mind, sometimes inconsistent with the first.

In an Adult ego state, we can make an autonomous objective appraisal of a situation that allows for a non-judgmental conclusion to be reached.

In a Parent ego state, we either directly respond to a situation as our parents actually did or as we perceived them to do, or we indirectly respond by doing what our parents would have wanted us to do. The parent aspect of our personality can be critical, judgmental or nurturing.

In a Child ego state, there appear to be two extremes. The adapted Child who modifies his behaviour under Parental influence either complying, rebelling or withdrawing. The natural Child is a spontaneous expression and can be an important part of our personality displaying charm, laughter and joy and creative potential.

The important message re these ego states is that we need a balance amongst all three states and when we get stuck in one particular state we are out of balance. We all operate in all these ego states at times.

Key areas to be addressed in HK Issue analysis – Psychological terms – Behaviour are:

- Eating difficulties - bingeing, loss of appetite, anorexia, bulimia
- Depression
- Obsessive behaviours
 - Picking / plucking - nails, sores, quicks, eyebrows, hair
 - Checking and rechecking
 - Continually washing hands
- Reluctance to experience new places, new people, new situations
- Self-harm - mutilation (cutting or sticking objects into body)
- Sexual disorders - frigidity, impotence, excessive activity, loss of libido
- Sleep disorders

But you could also check out the [Physical Body Behaviour List on page 8](#) of this document

ISSUE ANALYSIS - SUBTLE ENERGY TERMS

CHAKRAS

CHAKRAS - seven non-physical Energy Centres located within our Auric field. They work like gearboxes stepping down or transforming the Energy through the Subtle Bodies. They are spinning vortices of Energy and appear dish shaped when viewed face on, or like a trumpet when viewed from the side. They 'anchor' into the Kundalini channels in the spine. They are linked to the glands in the endocrine system. Their Energy is expressed in our behaviour, words and actions.

No. 1 Base Chakra

It is oriented towards keeping us alive and functioning on the physical plane. It is responsible for grounding us, giving us the will and drive to set goals and the strength to fight for what we want in life. Often much enhanced during pregnancy. The Energy of the Base Chakra is linked to the adrenal cortex.

Associated words: Desire, Need, Needs, Want, Demand, Grounded

No. 2 Sacral Chakra

This Energy is oriented toward learning more about our world through experience and sensation. If we, as adults, have a yearning for a particular sensation/experience, which is not being fulfilled, then the Energy from the second Chakra pops up in another area. A common way of expressing this Energy is through food to provide us with satisfaction. If however, what we really desire is physical intimacy and emotional nurturance, and this is blocked or unfulfilled we often comfort eat. Woe the extra weight! The Sacral Chakra also controls the Energy flowing through the reproductive system. The Energy of the Sacral Chakra is linked to the ovaries and testes.

Associated words: Feeling, Feelings, Emotions, Emotional, Feminine, Masculine

No. 3 Solar Plexus

At this level, the Energy is involved with issues of relationship, power, nurturing and belonging. We need to trust our own authority. Here we have the power of CHOICE. Many people afraid to own how powerful they really are so they mask it by either over-eating or starving themselves. When we deny our own power or give it away, the body often suffers eating disorders, indigestion or blood sugar imbalances. It is through the solar plexus that other people often drain away our energy. The Energy of the Solar Plexus Chakra is linked with the kidneys and adrenal medulla.

Associated words: Fear, Anxiety, Anxious, Tension, Terrified, Frightened, Apprehensive

No. 4 Heart Chakra

The Heart Chakra is the link from the lower base energies to the higher spiritual energies. Here paradoxes appear. It is where we learn to balance opposite energies: male/female, heavy/light, dark/bright, cold/warm - the yin/yang! Imbalance occurs if we try to repress one end of the polarity. It is through this Chakra we learn to co-exist with our desires and give ourselves a safe and healthy space to express them. We open our hearts - both to others and ourselves. Our Energy when tuned to the highest vibration of the Heart Chakra allows us to open up and be more loving, caring, sharing, accepting and have empathy for all. It promotes self-worth and lends new meaning to the dignity of being human. The spirit of the heart is Love, Light, Laughter, Joy, Peace, Allowing, Embracing, Acceptance, Comfort, Ease and Enthusiasm. The Energy of the Heart Chakra is linked to the thymus gland.

Associated words: Loving, Caring, Sharing, Giving, Accepting, Forgiving, Empathy, Goodness

Issue Analysis - Subtle Energy Terms Chakras Continued

No. 5 Throat Chakra

This Chakra has a close relationship with the Sacral Chakra, as it is through the Throat Chakra that we express the truth of our experiences. It helps us to receive and accept nurturance in a practical way. It allows us to open up and receive what Spirit, often through the medium of others, has to offer. It is through the Throat Chakra that we express our feelings verbally. People with bulimia often need to balance the energies in their second and fifth chakras. The Energy of the Throat Chakra is linked to the thyroid glands.

Associated words: With Holding, Holding In, Choked, Reserved, Restrained, Secretive

No. 6 Brow or Third Eye Chakra

The sixth Chakra has an energetic link with the third Chakra. The sixth Chakra is primarily concerned with transformation. Our intuition, which can manifest in dreams, sudden flashes, a 'deep' inner knowing, or meditative insight can aid us in making the nurturing and nourishing choices for our own transformation. We need to learn to trust our own power and our own insight.

The Energy of the Brow or Third Eye Chakra is linked to the pituitary gland.

Associated words: Understanding, Appreciating, Intuition

No.7 Crown Chakra

The seventh Chakra has an energetic link with the first Chakra. The seventh Chakra helps us to acknowledge, accept and act on our 'life's purpose'. The Crown Chakra draws in the Cosmic Energy and grounds it out through the Base Chakra. The Energy of the Crown Chakra is linked to the pineal gland.

Associated words: Knowing, Knowledge, Intellect, Intelligence

The key Chakras work together, producing a great symphony of Energies as they ebb and flow, supporting, nourishing and performing Energy Functions for our physical bodies.

Summary of key aspects of the chakras:

1. BASE	ENERGY	- life, survival
2. SACRAL	EXPERIENCE	- sensation, security, safety
3. SOLAR PLEXUS	RELATIONSHIP	- power, emotional, sense of belonging, seat of the 'body brain'
4. HEART	WHOLENESS	- unconditional loving service, mediation of opposites, giving nurturance
5. THROAT	AWARENESS	- symbolic communication, receiving nurturance
6. BROW	TRANSFORMATION	- intuition, self-realization
7. CROWN	TRANSCENDENCE	- soul realization, life purpose, cosmic consciousness

Issue Analysis - Subtle Energy Terms Chakras Continued

When we define an Issue in Subtle Energy Terms and the subheading comes up as Chakras, we are usually working **with the Energy Flow into /through or the Energy function of one or more of the Chakras.**

ACTIVATING, BALANCING, BOOSTING, CONNECTING WITH, FREEING UP, HARMONIZING, RELEASING, RESTORING, REVITALIZING, UNBLOCKING the Energy in one particular 'named' Chakra, **or**

ACTIVATING, ALIGNING, ATTUNING, BALANCING, BOOSTING, FREEING, HARMONIZING, INTEGRATING, RESTORING, REVITALIZING, UNBLOCKING the Energy (Flow) between two 'named' Chakras, **or** we are

ACTIVATING, ALIGNING, ATTUNING, BALANCING, BOOSTING, FREEING, HARMONIZING, INTEGRATING, RESTORING, REVITALIZING, UNBLOCKING the Energy (Flow) to and from three or more 'named' Chakras.

The order in which you name the Chakras within the Issue title may be important.

However, you could also be drawn to defining the Issue in Subtle Energy Terms – Chakras and then use the information about one particular Chakra to name the Issue.

For example, if testing indicates the Issue is around the Heart Chakra test through the paragraph on page 13 and you might come up with something like these three named Issues from my client files –

- "Learning to co-exist with my desires and give myself permission to express them."
- "I need to express my desires and be willing to accept them as part of me"
- "It is ok to forgive myself and others for past pain."

ISSUE ANALYSIS - SUBTLE ENERGY TERMS – SUBTLE BODIES

SUBTLE BODIES

If we use the analogy of the Russian doll to represent the Subtle Bodies then –

The gross physical or body we can touch is the solid tiny doll in the middle. The physical body has the slowest vibration of all the Energy Bodies. It is continually changing - chemically and structurally. Its two main energies are:

- **Magnetic** which are horizontal in space and recharge at night when the body is lying down and
- **Electrical** which are vertical in space and recharge during the day when we are mostly upright. Electromagnetic Energy is a combination of the two and they are at right angles to each other. In esoteric terms the right angle is the symbol for spirit entering matter.

It is in the **physical body** that we **experience and process** the information coming down from the Subtle Bodies.

Issue Analysis - Subtle Energy Terms – Subtle Bodies Continued

The Etheric Body, 'the first layer' out from the physical is the blue print for the physical body and any distortions or disturbances within the Etheric body will manifest or be experienced in the gross physical body. The Etheric body is seated in the spleen. The Etheric body is vibrating at a higher speed than the physical and this often appears deep blue in colour. The Etheric or Vital body has a number of important functions:

- It distributes the higher frequency Energy that has been transformed by the Chakras into a glandular-hormonal 'food' for the physical body.
- It contains the acupuncture Meridians that take up Energy through the acu-points and distribute the Energy into the body tissue.
- It is connected to the breath and distributes the Prana (life force) from the air and sun into useable energy for the physical body. The Prana is vital for the nervous system and brain.
- It is the interface between the higher Subtle Bodies and the physical body.
- Our sense of time - our body rhythms, cycles, cell division and cell death is generated through the Etheric body. Drugs damage the Etheric body! - One reason it is vital to know what drugs, both medical and recreational, your clients are taking or have taken. The Etheric body is electrical in nature.
- It is in the **Etheric Body** that we **feel** the information coming down from the other Subtle Bodies.
- The ability to heal and regenerate comes from the Etheric body.

The Emotional or Astral Body, 'the second layer out', is formed by the high faster Energies from above meeting the resistance of the slower Energies below. This congestion is a backlog of Mental Energy that cannot be passed into the physical body. Sudden release of emotional Energy occurs when pressure builds up in the Emotional body due to resistance in the physical body, or a sudden shock or great mental stimulation / changes occur.

- The emotional body is seated in the liver.
- Most people agree that a healthy emotional body will normally look like a pastel harlequin suit. The emotional body is magnetic in nature and its two main properties are attraction and repulsion.
- Our **emotions** are **generated** in the emotional body.
- The emotional body sees colour and fills in shapes.
- The emotional body influences all the fluids in the physical body.
- The blood carries our 'ego' through our body.
- The emotional body controls, rules and influences the lymphatic and immune systems.
- The 'fire' of the emotional body entering the Etheric body burns the dross, toxins and wastes in our system and the lymph carries away the 'ash' for elimination.
- The interplay between the emotional and Etheric energies is vital for the correct functioning of the autonomic nervous system.
- As emotional matter descends into the Etheric body it induces Etheric whirlpools, which become the focus for the production of nerve cells, nerve fibres and nerve-to-nerve interconnections. There is a magnetic attraction between the nerve impulses on both the physical and emotional body levels.

Issue Analysis - Subtle Energy Terms – Subtle Bodies Continued

The Mental Body is the 'next layer' out. Our mundane thoughts and habitual responses to situations come from here. The Mental Body is electrical in nature and has two main properties:

1) Intellect, which works through contrast and comparison examining what, it sees from the outside. It sees the edges of things - the lines around an object and needs colour in the environment to function and stimulate it and

2) Imagination, which allows our consciousness to question our reality.

'Thoughts' are made of 'mental matter' and occupy space on the mental plane. Similar thoughts will collect together on the mental plane - like attracting like - and regardless of where we are geographically we can access these thoughts. It is actually easier for us to take up a ready-made thought than to think for ourselves. This explains the 100th monkey syndrome and crowd mentality and why both Newton and Leibnitz 'discovered' calculus at the same time. The harder we work to control our own thoughts, the faster we will develop our own individuality and understand our purpose in life. The Mental Body is **seated in the solar plexus**. It is often pale yellow.

It is in the four lower bodies where our ego and personality resides. They are our witness on the physical plane. For each incarnation, a different combination of lower bodies comes into being - this helps us to 'learn the lessons' of the particular lifetime. Experiences from each lifetime are processed at the emotional and mental levels and passed up to the higher bodies to be integrated through the **Antahkarana***** or **thread soul**.

The Thread soul is seated in the Heart Chakra and allows us:

1) To know when something is true and

2) What we must do to develop spiritually in spite of the dross and pain we experience in the lower bodies.

Minerals, through their crystalline structure act as bridges for our consciousness to engage with the physical realm. If we are deficient in or can't metabolize or process certain minerals it makes it very difficult to entertain certain thoughts! A highly developed consciousness can assimilate minerals more readily and so more easily tap into the why of creation.

*** In Indian philosophy and yoga, **antahkarana** refers to the internal organ that is the location or inner origin of thought and feeling. The word originates from the Sanskrit **antar**, **meaning** "interior" or "within," and **karana**, **meaning** "sense organ" or "cause." ... **Antahkarana** is also a symbol used in the Reiki healing method.

The Causal body is the 'next layer' out. The causal body is electrical in nature and is seated in the **brow**. It is this body where the highest aspect of the self is experienced. This body corresponds to the plane on which all the archetypal blueprints of all possible structures, both gross physical and Subtle, are found. Tapping into these blueprints allows us to 'create' our own reality. The causal body is able to examine the whole - both the outline and the contents. It can penetrate to the cause of things more deeply than the lower bodies as it links into the higher Energy from the Intuitive and Atmic principles.

The thoughts entering our mind through the causal body are attracted there passively and it takes Energy to manipulate the thoughts. We can help to strengthen our higher mental body by **(i)** Practising visualizing very accurate images by ordering random thoughts to our own choosing or creation. **((ii))** Doing higher mathematics or **(iii)** Reading and cogitating on philosophy

Issue Analysis - Subtle Energy Terms – Subtle Bodies Continued

The Buddhic or Intuitive Body/Principle, the 'next layer' out, is the centre of everything and so contains the truth. It is timeless. It is experienced in the deep knowing where every cell seems to resonate in harmony. It is channeled through the Brow Chakra into the lower bodies.

The Atmic Principle, the 'next layer' out is the seat of the 'soul' and represents the highest aspect of human consciousness. It has a non-personal individuality and is the entry point of the external witness into human consciousness. The aura is the space in which the Subtle Bodies exist and the Atmic principle is linked to the aura. It is seated / linked in / to the Crown Chakra. Its element is ether that allows all things to exist and come into being.

The most important thing to grasp about the Subtle Bodies is that each layer/body is vibrating at a higher speed than the one immediately below it and that all the Energies interpenetrate. As we develop spiritually the bodies work together in increasing harmony and integrity.

When we define an Issue in Subtle Energy Terms and subheading comes up as Subtle Bodies, we are usually working with the Energy Flow into / through or the Energy Function of the Subtle Body /ies.

ACTIVATING, BALANCING, BOOSTING, CONNECTING WITH, FREEING UP, HARMONIZING, RELEASING, RESTORING, REVITALIZING, UNBLOCKING

the Energy in one particular 'named' Body

ACTIVATING, ALIGNING, ATTUNING, BALANCING, BOOSTING, FREEING, HARMONIZING, INTEGRATING, RESTORING, REVITALIZING, UNBLOCKING

the Energy (Flow) between two 'named' Subtle Bodies or

the Energy (Flow) to and from three or more 'named' Subtle Bodies.

The order in which you name the Subtle Bodies within the Issue title may be important.

However, you could also be drawn to defining the Issue in Subtle Energy Terms – Subtle Bodies and be using the information about one particular Subtle Body- just as in the example on Chakras.

MERIDIANS

When we define an Issue in Subtle Energy Terms and the subheading comes up as Meridians, identify how many and which Meridians and then establish if it is the Energy Flow or the Energy Function of the named Meridians.

- "Harmonizing the Energy Flow between the Gall Bladder and Stomach Meridians"
- "Boosting the Energy Function of the Liver and Large Intestine Meridians"
- "Balancing the Energy flowing through all the Yin Meridians"
- "Accessing the Energy of the Governing Meridian"

ISSUE ANALYSIS - SUBTLE ENERGY TERMS

SUBTLE ENERGY - OTHER

The physical universe or cosmos as we know it is infinitely vast in extent and diversity. It is the physical plane. Just as we have layers of Subtle Bodies that interpenetrate, so there are layers of Subtle Planes. Each layer is vaster than the one below yet they all interpenetrate. Each plane is at 90 degrees to the one below it.

The seven rays are creative energies that feed from the higher spiritual planes into the mental planes and below. White light emanates from the higher spiritual planes. Each of the seven rays is assigned a colour and initiates a particular action. Components of the seven rays feed into the chakras. Each one of us comes into incarnation with one ray predominating for that lifetime.

First Ray	Strength, Balance and Will	Faith on God's Will	Red
Second Ray	Love and Wisdom	Acceptance and Integration	Blue
Third Ray	Active intelligence	Action / Movement	Green
Fourth ray	Harmony through conflict	Limit to action	Orange
Fifth ray	Concrete knowledge	Manifestation, Facts	Yellow
Sixth Ray	Devotion and abstract, Idealism	Dedication and commitment	Violet
Seventh Ray	Ceremonial order	Repetition	Indigo

The first ray initiates new action out of the repetition (seventh).

Kundalini, called the serpent fire, is a very powerful Energy that binds matter together. It is both electrical and magnetic in nature. Its focus is in the sacrum and it has both inner and outer layers. The outer layers are gentle energies that circulate up and down the spine through the Ida (Yin) and Pingala (Yang) channels to send Energy out through the Chakras. The inner channels contain very powerful Energy that if activated inappropriately can cause serious damage to physical and mental health.

The information on the Subtle Energy analysis comes from various sources including the HK Energy model developed by Dr. Jimmy Scott (hence the Subtle Bodies named as **Etheric, Emotional, Mental, Causal, Buddhic, Atmic**), Dr. Tim Duerden's two courses "Subtle Analysis", Dr. Richard Geber's "Vibrational Medicine", C. W. Leadbeater's "The Chakras" and S. Swaramon/B.J. Baginski's "The Chakra Handbook". It is however a **working model** - no one can categorically say this is what the Chakras or Subtle Bodies are / look like / do. As you will have realized from your own reading, different sources give different colours for the Chakras. Everyone has some glimmer of the truth, but not the whole story, so we, who work with Energy, need a working model that works for us as practitioners as well as our clients. The previous pages are an insight into my personal working model that I have happily shared with you. Over time you too will develop your own working model.

The description of the various Subtle Bodies has them sitting in layers around each other – rather like a Russian doll. Rudolph Steiner saw the Subtle Bodies as ebbing and flowing and constantly mixing.

ISSUE ANALYSIS - SPIRITUAL TERMS

MOVING ON / BEYOND

Issues within the Spiritual Moving On / Beyond are dealing with clients accepting 'where they are at', what their purpose is this lifetime and finding ways of achieving it and what lessons they have to learn from their past. Some examples from my client files:

- Accepting / Finding / Knowing / Sanctifying / Trusting: my spiritual path / destiny / way
- Putting the restrictions of church dogma behind me
- Knowing I am in God's hands
- Knowing my path is blessed / guided by spirit / God
- Finding the light / God within
- Accepting God / the Divine in my life
- Releasing my karma
- Accepting my purpose / task in this life
- Accepting I will be guided / led: to fulfill my purpose / on my path in life

STANDARDS / MORALS

Issues within the Spiritual Standards / Morals are dealing with clients' morals and integrity. What Jane Thurnell-Read called the big words – honour, truth, integrity, innate goodness, justice. Some examples from my client files:

- Being truthful / honest
- Knowing right from wrong
- Living up to my religious / spiritual beliefs / standards
- My inner child has a pure soul
- Not sitting in judgment on others / myself
- Forgiving myself for past mistakes / sins
- Releasing guilt / sin
- I no longer need to punish myself for past mistakes / sins
- I try to live a honourable life but it is so difficult at times.
- I want to be known as an upright member of the community
- My parents set high standards and expect a lot of me
- Fulfilling my obligations to others
- I demand justice
- Expressing / showing compassion to myself / others

GENERAL

Go to the **Spiritual Concepts List** for a clue (**WM Lists page 21**). This copyrighted list was compiled by Ann Parker and Jean Moore in 1995 and added to by Jane Thurnell-Read in 1997.

Issue Analysis - Spiritual Terms Continued

INTEGRATION

Integration means 'to make into a whole', 'to amalgamate', 'to incorporate' or to 'assimilate into one'. Some examples from my client files:

- "Integrating my spiritual needs / practices into my daily life"
- "Integrating my work and spiritual practices"
- "Letting my light shine out into the world"
- "Allowing my innate goodness to blossom"
- "Integrating the daily grind with my spiritual aspirations"

BEHAVIOUR

Spiritual Behaviours:

Issues from my client files:

Confessing

Asking forgiveness for my wrong doings

Admitting my mistakes

Meditating

Meditating effectively / regularly

Allowing the intuition to flow during my meditations

Praying

Praying sincerely

Kneeling in wonderment

Believing God will hear / answer my prayer

Penance

Trying to make up for the past

Being humble

Being devoted / Being devout

Making time for my spiritual needs

ISSUE ANALYSIS – OTHER TERMS

These are usually more global - the client's case history may give you a clue

My life

My place in the world

I deserve space on this planet

Making time / space for myself

Minna Oldfield's Summary of Facet Analysis

	Energy Correction Factor	No Items	Other Factors	Order
PREVENTION				

Work done under **Prevention** will help keep other Energy disturbances from happening in the future. Perhaps giving clients advice under the Adjunctive: Nutrition re their diet might help to stop them developing high blood pressure.

CAUSE				

Historical Cause is something that is over and done, like an accident or trauma. An **Ongoing Cause** is still occurring, like daily exposure to a toxic chemical, geopathic stress, negative thinking. **When we work in this facet we are addressing the Energy disturbances because of the Cause/s.**

PROCESS				

The process is the ongoing current condition - what is keeping the problem rolling. 3 possibilities - **Mechanics** refer to the Factors that must be done to allow the problem to be corrected by the body/mind. **Awareness** - What is the client doing to aggravate the problem? Are they out of touch with their body / feelings? **Acceptance** are they able to accept where they are at right now? Or are they so accepting they can't see themselves ever changing? **Denial** Are they in denial of the problem?

EFFECT				

The effects may be as a result or side effect of the Issue. Most commonly it is the psychological effects that need Energy attention. Beneficial = liking the attention the condition brings. Detrimental = despair over losing a job due to disability. The effects could either be obvious or hidden.

REPAIR				

Either tissue **repair** or repair of the psyche might not happen without work within this facet, or it would happen very, very slowly. Three possibilities - **Mechanics** refer to the repair process. **Pace** of the repair must sometimes be regulated. **Sequence** of repair is important. e.g. psychological before physical, or vice versa.

BLOCKING				

Three possibilities - Can be **physical** (e.g. damaged nerve blocking an impulse), **psychological** (eg: a fear preventing person from doing some essential task), **spiritual** (e.g. fixed beliefs prevent necessary change).

SYMPTOM				

Addressing the symptoms only would not correct the Cause or the Process. But sometimes symptoms are most easily alleviated with specific Energy attention as they appear to have taken on a life of their own and without the Energy work addressed under symptom facet would not be dealt with.

OTHER				

This facet allows us to address any other Factors that need to be done as part of this Issue and are under Facets Jimmy has not yet named.

Special considerations: _____ Waiting periods and time windows recorded on this line

- Have we now got all the Energy information we need for this Issue?
- Should I change the grid in any way at all?

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MULTIPLE ISSUES FOR CLIENT

When clients first come they usually have a list of concerns and hopefully goals they wish to pursue. It will take a number of visits to sort out all the concerns and goals. As you **become a more experienced Energy worker** you may find the client's body opts to tackle several concerns /goals at once and you may not be aware of exactly which concerns or goals you are addressing in any one visit. For example.

Client's presenting concerns:	1) lack of confidence
	2) painful stiff neck
	3) pain in lower back - particularly in the mornings
	4) catarrh
	5) extremely irritable
Goals:	1) Be more flexible in body and mind
	2) Feel at ease in any situation

In order to give both ourselves and the client some guide line as to how much HK work will be involved we ask, "To see a really significant positive difference with these concerns, help you achieve your goals and bring your Energy System into harmony and balance approximately how many overall groups of work do we need to do at least 1?" ↑ "At least 2?" ↑ "At least 3?" ↑ "At least 4?" ↑ "At least 5?" ↑ "At least 6?" ↓ Then we test out the waiting periods and check whether any of these overall groups have time windows involved. In any overall group of work, you always have the option of working in an Issue or in priority (body sequence).

On the first visit, you have asked " **To initiate the healing process** to sort out these concerns, help you achieve your goals and bring your Energy System into harmony and balance, are we working today in an Issue?" If ↑ "Defined in Physical Body terms / Psychological terms / Subtle Energy terms / Spiritual terms / Other?" If ↓ to working in an Issue - go straight into Working in Body Sequence and ask for permission to name the Energy Correction Factors, the Energy Toning Factors and Adjunctive Factors so you have some idea of what work is involved for the session.

When the client comes back for the second and subsequent visits you would be asking " **To continue the healing process**, help you achieve your goals, and bring your Energy System into harmony and balance are we working today in an Issue?" etc

Normally, **providing no new major stress or trauma has occurred**, we would expect some improvement from one visit to the next but if the client comes back for, say the third visit, and there has been no visible and quantifiable improvement, you may find it useful to check out across a grid which particular symptoms and goals each overall group of work is addressing.

The client has come back for their third overall group of work and reports they have not seen any improvements or changes. This is a format for seeing what is happening. For example, on the first visit you worked in an Issue - "Improving my relationships with my family". On the second visit, you worked in an Issue - "Boosting the Energy Function of the adrenals". Neither of these HK tested Issue titles appears to relate to any of the concerns or goals the client has. This is a classic case of the client's body wisdom following its own preferred path to health and well-being.

Even when you have several clients in a row all presenting with the same Issues the work you do for each of them will be entirely different as each client has had their own pathway – mental, emotional and physical traumas to arrive in their state of ill-health. Consequently, each client will choose the best way to unravel their stress so their body can heal itself on every level.

Multiple Issues for a Client continued

With the client's permission, you can ask to name the further work involved for today and subsequent visits. You might get that on this third visit you will work in an Issue – "Attuning the Energy flowing between the Etheric and Mental Bodies".

On the fourth visit the Issue will be expressed in Physical Body Terms / Body System – Skeletal (at this stage I would not define the Issue name exactly) and on the fifth visit the Issue will be expressed in Psychological Terms – Self Worth (again at this stage I would not define the Issue name exactly)

Analyzing how the work you are doing is progressing and processing through for the client									
Visit		Wait Wks	Concerns					Goals	
			1	2	3	4	5	1	2
1	Improving my relationships with my family	3	✓		✓	✓	✓	✓	
2	Boosting the Energy of the adrenals	4		✓	✓	✓	✓		✓
3	Attuning the Energy flowing between the Etheric and Mental Bodies	3	✓	✓	✓		✓	✓	
4	Focus – Physical Body Terms – a Body System – the Skeletal System	5		✓	✓	✓			✓
5	Focus – Psychological terms – Self – Self Worth		✓		✓			✓	

Looking at the grid with your client you can both see that the work done in the first and second Issue has touched on but not completed the Energy work needed to address each of the concerns and goals. It takes the third Issue to completely address the fifth concern – **"extremely irritable"** and the fourth Issue to complete the Energy work for the second and fourth concerns – **"painful stiff neck"** and **"catarrh"** and the second goal – **"feel at ease in any situation"**. The fifth Issue has to be in place before all the Energy work for the first and third concern – **"lack of confidence"** and **"pain in lower back – particularly mornings"** and the first goal – **"be more flexible in body and mind"** is done. This would explain why there has been no quantifiable improvement after two visits and help the client to understand that further work is necessary to address all the concerns and goals. Even after the fifth Issue is in place it will take the body some time to process the work, as the body always heals at its own pace.

When you have finished all the work for the fifth Issue ask, "Have we now completed all the Energy work we need to do to address your original list of concerns and goals?"

Once you have completed a programme of work with a client it is a good idea to suggest to them that they come back to see you from time to time, even if they are feeling really good, just to keep them in that space. You could call it an Energy MOT in the UK. The change of the seasons is often a very good time for clients to return for more HK sessions.

**This very useful tool for establishing 'where a client is at' is from Jane Thurnell's Read – Head of HKUK 1990-2000.
Jane shared it with me in 1991**

LIFE BALANCE

I have used this format very successfully to attract clients over the years. When doing promotional talks, I spend a little time explaining about Energy – Subtle Bodies, Meridians, Chakras and how what we think about and do affects our general health and well-being. I talk them through various things they can do to help themselves* – tap their thymus, hold the ESR points and think about what is stressing them to release the stress, drink water and then explain all the various adjunctive factors below and offer to do a Life Balance for various members of the audience. I balance them quickly holding the points i.e. do an MEB, check for balance and Energy Permission to do the Life Balance. People are fascinated with what comes up and I tell them to go away and do it for 6 weeks. Then if they feel better, to think how much better they could be if they also came for some HK work. The purpose of measuring a person's life balance is to establish priority areas, which need immediate attention to increase their quality of life. This will have added benefits, not just bringing to their attention important information which may be affecting their health, but also give their body a better chance to heal and repair.

ESTABLISHING A BALANCE

It is generally agreed that there are four major aspects of existence: spiritual, emotional, mental and physical. They are all of equal importance. Our challenge is to keep all 4 aspects in balance. Although we may be comfortable with our spiritual practice of regular prayer or meditation, or have a challenging job that stimulates us on an intellectual level, we may be neglecting our physical bodies, which could make us ill. We must nurture each aspect for balance.

What you say/do:

I'll be measuring the life balance in % terms. If for example, you are eating all the right foods, getting enough sleep, exercise, rest, and doing a job you love and feel fulfilled in, and on top of this have the most fulfilling fantastic relationships with everyone in your life, your life balance would most likely be 100%. And you would be feeling absolutely vibrant!!

However, life is not perfect, so realistically the percentage reading I obtain will fall short of the 100%. For the life balance, I will ask what the index is, in % terms, averaged out over the last month, as our LIFE BALANCE CHANGES DAILY

With the reading, I get I will then **ask your body wisdom**, "Of all these things you could change, which would give the most significant increase in your life balance, if you went away and did it as asked by your body on a regular basis for at least 6 weeks.

WORK	SLEEP
REST	RELAXATION
PLAY	EXERCISE
NUTRITION	MENTAL STIMULATION
PHYSICAL NURTURANCE	

After I have established the priority and worked out the details, I will **ask**, "So if you do this, by what % will it increase your life balance?". **Say**, "The changes to your life usually involve some effort on your part and it would be overwhelming to have too many things to change at once."

Once you find out the key information for the adjunctive **remember to ask**, "Is there anything else we need to know about?"

ENVIRONMENTAL FACTORS: TOXICITY

For clients to achieve optimum physical health we must be aware that we need to **(i)** look at and deal with the factors in their lives that could be causing blockages and **(ii)** find ways of releasing and reducing the toxic load on their bodies. A wide range of environmental factors pose serious challenges to our health as they can literally impede, inhibit or block the efficient functioning of our cells, tissues, organs, systems and biochemical processes, and because many of them are synthetic chemicals that have no biological value, they can be toxic or even carcinogenic.

Nutrition has a very important role to play in enabling people to achieve optimum health and well-being but we need to be eating what is right for us. It may be beneficial for a client to explore what metabolic type they are. We can enhance our nutritional status by eating the food for our metabolic type and if necessary using supplements for a period of time. Not only is it important to do the right things, but also it is also just as important to stop doing the wrong things. This goes far beyond just your diet. An analogy may best illustrate the situation: If you were to set up two saw horses and then lay a 2-by-4 board between them and then start piling bricks on it, pretty quickly, the board would begin to bend. After a few more bricks, it would start to crack. Finally, after you have lain on that one last brick, the board would break. The problem was not the last brick. The real problem was the load produced by the accumulation of many bricks. Thus, many times the causal factors of adverse health complaints or degenerative conditions are blocking factors or toxic load and not diet at all. But if we remove the blocking factors, reduce the toxic load and eat right food combinations for our metabolic type we then have an extremely powerful and effective combination for healing and stabilizing our weight at the correct weight for our bone structure and body type. Your skin and lungs are organs that are particularly vital to your health. Avoid contact with all chemicals on your skin and in the air, you breathe. Wear gloves when handling chemicals at home or at work. Use an air purifier when at home or at work if you're exposed to airborne chemical smells.

If Toxicity to be considered within an overall group of work, check whether there is something the client needs to **(i)** remove from their personal space, **(ii)** introduce plants* within their work or living space that would absorb toxic fumes or **(iii)** whether simply opening windows and letting fresh air through the house or work place for a period of time each day help.

* NASA recommends - Areca Palm, English Ivy, Aloe Vera, Snake Plant (Mother-in-Law's Tongue), Chrysanthemum, Weeping Fig (Ficus), Spider Plant and the Peace Lily. Check them out - <https://billyoh.com/extra/blog/garden/chemical-protective-plants/>

ENVIRONMENTAL FACTORS: GEOBIOLOGY

HK recognizes many different types of Energy, which cause Geopathic Stress - both earth energies and electro-magnetic pollution. A wide variety of methods are used to harmonize the Energy so it no longer causes a problem. You can only reliably test for these energies if you have experienced and been made aware of them. Geopathic Stress can be a cause of Bio-Energetic disturbed reactions and is implicated in many physical problems. All energies vibrate at a specific frequency and if a negative frequency is resonating with some organ or tissue area in living bodies the organ or tissue will break down. The Earth resonates with an electromagnetic frequency of approximately 7.83 Hz – Schumann resonances (SR), which falls within the range of (alpha) human brainwaves. Underground streams, sewers, water pipes, electricity, tunnels and underground railways, mineral formations and geological faults distort the natural resonance of the Earth thus creating geopathic stress (GS). Sleeping or spending a lot of time in geopathic stress zones can ill effects on our health, performance and wellbeing. Our ancestors, in most cultures knew about geopathic stress or geopathic zones. The Chinese called geopathic stress many names such as 'claws of the dragon' or 'dragon lines' or 'underground demons'. Ancient Romans would test areas for new buildings by allowing sheep to graze in the potential area for a year and then they would dissect the sheep to see if their organs were healthy or not (the Roman architect Vitruvius was aware of GS). Hippocrates and Avicenna (Islamic scholar) both talked about the importance of the location of buildings in relation to health. [Jane Thurnell-Read's 'Geopathic Stress and Subtle Energy' at Life Work Potential](#)

What to ask when someone's symptoms are not improving as you would expect

Sometimes clients do not appear to be getting well in spite of having Energy work done and being committed to doing their adjunctive activities. There can be any number of reasons for this. Perhaps we just haven't yet done enough work and there has not been time enough for it to process through so that the client can recognize changes for the better. Perhaps we have missed something by not staying completely focused and locked into a pure intention of doing the best we possibly can for them. Perhaps we are allowing preconceptions of our own to influence our muscle testing. Perhaps we just don't know enough about the problem and need to do some more reading or attend another course to learn what we need to know for this client or perhaps the client is blocking the process at some level. If the latter reason is why they are not moving forwards as they and we would have hoped then the following ideas are worth testing through. Once you establish the level where the blocking is occurring just simply state that as the 'concern' and work your menu to work up the necessary factors to enable the client to release the block and healing to occur.

Is the client 100% willing to release the need for his/her problem at all levels of their being?

If **no**, at what level is the block?

Physical	Emotional	Mental	Spiritual
Social	Environmental	Financial	Other

Is there any part, on any level, that wishes the client to stay the same?

If **yes**, at what level is the block?

Physical	Emotional	Mental	Spiritual
Social	Environmental	Financial	Other

Is client 100% willing to accept the positive benefits of change at all levels of their being?

If **no**, at what level is the block?

Physical	Emotional	Mental	Spiritual
Social	Environmental	Financial	Other

Is client 100% willing to experience and express the positive benefits of change at all levels of their being when the Energy work has been completed?

If **no**, at what level is the block?

Physical	Emotional	Mental	Spiritual
Social	Environmental	Financial	Other

Other statements – may need to be corrected as psychological statements within specific groups.

I want to be well. I forgive myself

I need my problem. I want to change.

I now take total responsibility for myself and for my life.

In spite of all my problems and shortcomings I love and accept myself.

This information was given to me by Jane Bailey who was part of a small group of HK practitioners working together in 1994 and who were willing for the information to be shared with other HKers.

*Bio-Energetic Kinesiology - The HK System
also known as Natural Bio-Energetics
developed by Dr. Jimmy Scott*



Find your Way with HK